



# Breast Reduction Recovery Guide

WITH DR. NICHOLAS WINGATE

## After Surgery: What to Expect

### Help at Home

- Please arrange for someone to drive you home and assist you for the first couple of days after your procedure. A comfortable, supported environment makes all the difference.

## Resuming Daily Life

- Most patients return to work (desk jobs) within one week.
- Swelling and mild discomfort may linger, but most resume daily living activities within 7-10 days.
- Strenuous activity should be avoided until cleared by Dr. Wingate. Typically 4-6 weeks.

## Showering & Bathing

- You may shower the day after surgery using gentle, fragrance-free soap.
- Avoid soaking in a bath, pool, or hot tub until Dr. Wingate confirms it is safe to do so.

## Garment Instructions

- You'll leave the procedure in a surgical bra or compression wrap, which should be worn for the first few days to one week.
- After that, transition to a lightly compressive sports bra—ideally one that opens in the front.
- Avoid underwire bras until approved by Dr. Wingate.
- Swelling is expected to persist for several months- wait to shop for new bras until your final shape begins to settle.

## Comfort & Pain Management

- Fill any prescribed medications before surgery so they're ready at home.
- Most patients find that Tylenol + Advil are sufficient by the second day.
- Discomfort typically stems from breast movement, which is why gentle compression offers relief and support.
- Prioritize rest and give your body time to heal.

## Normal Healing

- Swelling and mild bruising are normal and may take several weeks to fully resolve.
- You may notice light drainage from your incisions during the first few days - this is a typical part of the healing process.
- Avoid overexertion, and follow Dr. Wingate's activity guidance to reduce swelling and optimize your results.

## When to Contact Us

Please call our office if you experience:

- Ongoing bleeding that doesn't slow or causes you to change dressings more than every few hours.
- Swelling that appears significantly asymmetrical (e.g., one breast is noticeably larger than the other).
- Pain that is not relieved by rest, medication, or ice packs.

Your comfort and confidence are at the heart of everything we do. If you ever have questions or concerns during recovery, please don't hesitate to reach out. We're here to guide and support you every step of the way.